



Shirley Council on Aging

Volume: 8

NEWSLETTER
DECEMBER 2016

Issue: 12

Senior Center • 9 Parker Road • Shirley, MA 01464

Tel: 978-425-1390 • Fax 978-425-1392 • email: coadirector@shirley-ma.gov

Best Wishes this Holiday Season!



*Whatever is beautiful,
Whatever is meaningful,
Whatever brings you happiness . . .
May it be yours this Holiday Season
and throughout the coming year!*

Winter is almost here and I would like to call your attention to some programs that can help keep you safe this season and save money on your energy bills. The **Fuel Assistance Program** began last month. If you had trouble in the past paying your heating bills, check inside this newsletter for the eligibility requirements to qualify for this assistance program. Also, once again, thanks to the Boy Scouts of Troop 7 and the DPW, we are able to offer **Sand 4 Seniors**. We will be calling last year's program participants, but if you are new or you don't hear from us, please call the COA office at 978-425-1390 to be put on our delivery list. Throwing some sand on your steps and walkway can help reduce your chance of falling. Call today!

With winter storms come power outages, and if you live alone or suffer from a chronic health condition and want to be checked on in the case of an extended power outage, register for our **Emergency Call List**. Details are inside this newsletter. The Shirley Police Department also offers two valuable programs to keep seniors safe. Look inside for details of their **Check In** and **Safety House Check** programs. Registration forms are available at the Senior Center.

Join us for our **Senior Info** program on December 19th at 9:30 a.m. when Town Administrator, Patrice Garvin will be here to talk to seniors about the "State of the Town". Refreshments will be served.

Don't forget to stop by the Senior Center on December 21st for our **Holiday Luncheon Party** featuring a hot turkey dinner with all the fixin's by Shirley Catering. We'll have Jodie Rachman here to lead us in a **Christmas Carol Sing-Along** and a special appearance by Santa. The fun starts at 11:30 a.m. and the cost is \$5. There will be NO Senior Breakfast in December.

As always, I invite you to stop by and say hello—my door is always open and I want to hear what else we can do to serve you better. On behalf of all of us at the Council on Aging, we wish you a very Happy Holiday!

~ Kathryn



Mission Statement of the Shirley Council on Aging:

"To serve the Seniors of Shirley with services that enhance their lives and provide for their needs."

Council on Aging Staff and Members

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Kathryn Becker

OUTREACH WORKER

Patrick Curtin

VAN DRIVERS

Bob Perry, Doug Perry

VAN DISPATCHER

Scott Harmon

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Sandy Marcinkewicz, Tony Bucca,
Constance Schweitzer

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Barbara Perry, Fran Gray

MEALS ON WHEELS

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Jessica Myshrall, Rob Fleming,
Melissa Dentino

MEDICAL EQUIPMENT COORDINATOR

Hans Onsager

NEWSLETTER EDITOR

Doreen Quintiliani

SUNSHINE LADY

Chris Bibby

*The Council meets the second Wednesday of each
month at 1:00 pm at the Senior Center, 9 Parker Road.*

Meetings are open to the Public.

THANK YOU . . .

For your contributions, donations and volunteerism.

We appreciate your support.

We would not have Your Center without you!

Vendors:

Pepsi for water, Panera for bread and bagels, Hannaford for goodies, Mitrano Removal, Turf Logic, Village Pizza, Groton Wellness Café, Wachusett Potato Chip Co., Tiny's Restaurant, and Ayottes Farm

Our Bagel Team:

Jim Lanteigne, Bill Dow, Bob McBrine, and Bob Perry

Program Support:

Ron & Shirley Deyo, Don Parker, Chip Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quinty, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, Tony Bucca, Beverly Smith, Barbara Lugin, Juanita Fields, Kathy Cormier, Marianne Alexander, Helen Kramer, Vi Burnley, Ray Gagnon, Shirley Police Department, Doris Champagne, Cathy Landry, Charlotte Landry, Joyce Scott, and Frank Esielionis

Newsletter Distribution: Ray Gagnon and Melissa Slattery

Donations:

Susie Joly, Christine Saball, Tony Bucca, Carolyn and Charlie Waite, Marion Wood, Bob McBrine, Chet & Maryjane Pauley, Joe Gonynor, Alice West, Susan Brown, Lauren McCarthy, James and Ann Pringle, Missy Slattery, Hans Onsager and Village Pizza, Sue Hartman, St. Anthony's, Joe Landry, Joyce Patton, Sandy and Gene Wixom

Thanks to all who have given donations to support the Center's continuation of programs and activities.

Newsletter:

Cyndi and Dan Furman, Kathryn Becker, and Doreen Quintiliani



Café Wish List



The Senior Center is a Green Operation
Recyclable Donations Please

Folgers Decaf Coffee

DON'T FORGET!

Veterans' Breakfast ~ Monday, December 12 ~ 8:30 a.m.

Holiday Lunch ~ Wednesday, December 21 ~ 11:30 a.m.

No Senior Breakfast - No Choice Café in December



Outreach Corner

Patrick R. Curtin, Outreach Coordinator

Telephone: (978) 425-1390

Email: pcurtin@shirley-ma.gov



The mission of the Outreach Program is to make contact with senior citizens, determine their needs and interests, and to meet those needs and interests through appropriate referrals, program development and advocacy.

Patrick can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or need help, please call Patrick at the Council on Aging office at **978-425-1390**. He is available at the Senior Center at 9 Parker Rd., Mon. and Wed. from 1pm– 5pm . All information shared is confidential. Patrick is also a Notary Public.

Why Everyone Should have a File of Life

Medical emergencies can happen at any time and anywhere. When they do, there is often confusion, panic and urgency. Paramedics arrive on the scene with no information about what a person may need. Seconds count - they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want us to call? How do we contact their family or friends? File of Life puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones and pass this vital data on to awaiting physicians at the emergency room. It is an absolute asset to emergency preparedness and peace of mind for every household and community across the nation

If you need a File of Life, please call Patrick Curtin, Outreach Coordinator at 978-425-1390.

FILE OF LIFE	
Name:	
Address:	
Doctor:	Phone#:
EMERGENCY CONTACTS	
Name:	Phone#:
Address:	
Name:	Phone#:
Address:	

Fuel Assistance Program



If you've had trouble paying for your heat prior years or if you've just started having financial difficulty, the LIHEAP Program (Low Income Heating Assistance Program) is here to help with your energy bills.

To apply for Fuel Assistance, call **New England Farm Workers' Council in Fitchburg** at **978-342-4520**. Or call Patrick at the Senior Center at **978-425-1390** if you are homebound.

A note on Diabetes By Patrick Curtin, Outreach Coordinator

Diabetes affects one in 11 people in the United States and every 23 seconds some one is diagnosed with the disease. 86 Million Americans live with diabetes each year. Diabetes is a metabolic disease in which the body is unable to produce any or enough insulin, which causes elevated levels of glucose (sugar) in the blood. There are two types of diabetes: type 1, when people are born without insulin production and type 2: when insulin production decreases.

If you are diabetic the American Diabetes Association recommends the following:

Make sure you check your sugar often and take your medication prescribed by your doctor as directed. Make sure to also visit with your doctor regularly for routine physicals and blood work. Ask your doctor about an A1C Blood Test. The A1C test provides information about a person's average levels of blood glucose, also called blood sugar, over the past 3 months. It's a useful test to help you and your doctor tailor a health plan for you.

If you know someone with diabetes, be aware of what you are preparing for them. Be aware that someone with diabetes may not be able to eat something because of certain ingredients.

For more information , visit your doctor or visit the American Diabetes Association website.



Meals on Wheels

The Shirley Council on Aging through Montachusett Opportunity Council provides meals to frail elders who are unable to attend a congregate meal site and require assistance with meal preparation. Hot noontime meals are delivered to an individual's home. Upon advance request, frozen meals for evenings and weekends are also available for delivery with the noon meal. Each meal meets one-third of the Recommended Dietary Allowances for adults, and is appropriate for a "no added salt" diet. Therapeutic diet meals are available with a physician's prescription.

Eligibility: Must be at least 60 years of age and home-bound. Requested donation is \$3.00 per meal.

Call the Senior Center at **978-425-1390** if you think that you need Meals on Wheels.



Past Christmas party with Sgt. Peter Violette, Santa Claus and Chief Thomas Goulden. Look for Santa and his elves once again at this year's Christmas Luncheon on December 21st at 11:30 a.m.

PLEASE NOTE:

**The Shirley Town Offices and the Senior Center
will be
CLOSED
December 26 and January 2**



**Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931**

**Blood Pressure Clinic
Thursday, December 8th from 9:30-10:30 a.m.**

Senior Information Monday, December 19, at 9:30 a.m.



"The State of the Town"

By Patrice Garvin
Town Administrator

Refreshments provided

You are cordially invited
to attend the
**Shirley Senior Center
Holiday Luncheon**



December 21st at 11:30 am

The December Senior Lunch will be our
time to celebrate the holidays
with

Great Food!
Christmas Caroling with Ukulele J
And by special invitation from the Shirley
Police Department:
Santa is coming to town!

**Don't miss the fun—Join us!
Cost: \$5.00**

Notary Public
Available at the Senior Center

Patrick Curtin - Outreach Worker
Available Monday and Wednesday 1-5

****By appointment only ****
Please call 978-425-1390

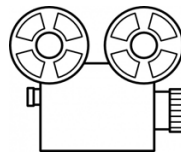
VETERANS' CORNER*...from Mike Detillion,***Shirley Veterans' Officer**

The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

For an appointment:**Call: 978-425-2600 x280****Appointments: Anytime**

**Office Hours: Monday evenings
5:00 – 7:00 p.m.
at the Town Office Building**

Benefits: All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter assistance, and burial assistance.

**Pizza & a Movie****@ Your Senior Center****Christmas in Connecticut****Wednesday, December 7th @ 11 a.m.**

Cost: \$2.00

Director: Peter Godfrey**Starring:** Barbara Stanwyck, Dennis Morgan, Sydney Greenstreet

(1945) A food writer who has lied about being the perfect housewife must try to cover her deception when her boss and a returning war hero invite themselves to her home for a traditional family Christmas.

*Attention: Shirley Senior Veterans*

**The Shirley Council on Aging
cordially invites you to our monthly**



Veteran's Breakfast

Monday, December 12th

8:30 a.m.

This is a FREE breakfast
made possible by The Shirley Charitable Foundation
and Friends of Nashoba Valley Medical Center
Served on the second Monday of each month

**The Lady in the Van****Wednesday, January 4th @ 11 a.m.**

Cost: \$2.00

Director: Nicholas Hytner**Starring:** Maggie Smith, Alex Jennings, Jim Broadbent

A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway.

Two Safety Programs Offered by the Shirley Police Department

CHECK IN PROGRAM: Would you like to know that someone's looking out for you each day? Once registered with the Check In Program, you would be expected to call the Shirley Police Dept. each morning between 7 AM and 11 AM. If on any given day you didn't call and hadn't let them know that you would be unable to call, the police would come to the house to check on you and make sure you were okay. To register for this program, stop by the Senior Center for a form or call 978-425-1390 to have one mailed to you.



VACANT HOUSE CHECK PROGRAM: Going away for the holidays? Visiting family for a few weeks? Make sure your home is secure by registering for the Vacant House Check Program. Stop by or call the Senior Center for a form at 978-425-1390 to register for this program.



*Shirley Seniors
Are Cordially Invited
to the*

IL FORNO

Holiday Luncheon

27 Airport Rd., Fitchburg

December 5th

12:15-2:00 p.m.

Please sign up at Shirley Senior Center

*Shirley Seniors Are Cordially Invited
to the*

MCI Shirley

Holiday Luncheon

At St. Anthony's Parish Hall



Turkey with all the fixin's!

December 14th @ Noon

Please sign up at Shirley Senior Center



New!

Pot Luck Book Club

Delicious food, good company and stimulating discussion—what more could you want in the dead of winter! Join us on the fourth Tuesday of each month beginning **January 24th at 5:30 p.m.** for dinner and discussion. At this meeting we will pick our first book!

The main entrée will be provided. Please bring a side dish or dessert to share and be sure to label any foods that may contain allergens. Bring a dish—bring a friend! See you then!!

Sign up at the Senior Center or email coadirector@shirley-ma.gov



Senior Yoga is Back!

Thursday morning at 11 a.m.

with instructor, Michelle Jones of River Terrace
beginning **January 12th.**

Sand 4 Seniors

Once again, thanks to the generosity of the Boy Scouts from Troop 7 and the Shirley DPW, we will be offering Sand 4 Seniors. Any senior who would like a bucket of sand

delivered to their home should contact the Senior Center at 978-425-1390. Please leave your name, address and phone number and we will have a scout drop off the bucket as soon as possible.



If you have a bucket left from last year, please let us know so that we may pick up the used bucket when the new one is dropped off.



In Case of Severe Weather: The Emergency Call List





Do you worry about what to do in case of a power outage? Would you stay with family and friends or would you stay at home and weather the cold? Maybe your family lives at some distance and you could use someone to check on you.

The Town of Shirley wants to be certain Shirley seniors stay safe. The Emergency Call List registration is a way for the Council on Aging to keep track of those seniors who are most likely to need assistance during an emergency. Registration forms are available at the Senior Center or you may call the COA office at 978-425-1390 to have one mailed to you. Please consider filling out this form if you live alone or have a chronic health condition that could leave you vulnerable during an extended power outage. The form may be dropped off or mailed to Shirley COA at 9 Parker Rd. Also, please pass this information along to someone who might need it, but does not receive the newsletter.

Café Open Mon.-Thurs.
from 9AM to Noon

December 2016

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DROP IN CAFÉ Mon.-Thurs. 9 AM to NOON		<i>For a SHINE Appointment Call 978-425-1390</i>	1 11:00 Ageless Grace 12:00 Santa Letters 12:15 Wii Bowling 1:00 Christmas Wreaths	2 Closed	3
4	5 11-12 Qigong 12:15 Wii Bowling 12:15-2 IL FORNO Luncheon 1-4 Card Game Time	6 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	7 8:30-9:30 Senior Fitness 9-11 Creativity Time 11:00 PIZZA & A MOVIE "Christmas in Connecticut" 1:00 Bingo	8 9:30-10:30 Blood Pressure Clinic 11:00 Ageless Grace 12:15 Wii Bowling	9 Closed	10
11	12 8:30 VETERANS' BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	13 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	14 8:30-9:30 Senior Fitness 9-11 Creativity Time 12:00 MCI Luncheon at St. Anthony's Parish Hall 1:00 COA Meeting	15 9:00 SHINE 11:00 Ageless Grace 12:00 Santa Letters 12:15 Wii Bowling 1:00 Christmas Cookies	16 Closed	17
18	19 9:30 Senior Info "State of the Town" 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	20 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	21 8:30-9:30 Senior Fitness 11:30 Holiday Luncheon Christmas Carol Sing-Along 1:00 Bingo	22 12:00 Santa Letters 12:15 Wii Bowling	23 Closed	24
25 MERRY CHRISTMAS 	26 CLOSED	27 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	28 8:30-9:30 Senior Fitness 9-11 Creativity Time	29 12:15 Wii Bowling	30 Closed	31